

try one of our signature creations... salads

a little nutty...

...\$3.35 small ...\$4.65 large
your favorite meat with almonds, sunflower seeds,
walnuts and your choice of dressing

the body builder...

...\$4.40 small ...\$5.65 large
chicken, turkey, kidney beans, carrots, cucumber, cheddar cheese
and your favorite dressing

albacore encore...

...\$3.35 small ...\$4.65 large
tuna, green peas, mushrooms and tomatoes
with our japanese soy dressing

bunches o' crunches...

...\$3.85 small ...\$5.15 large
corn, carrots, cucumber, croutons, chow mein noodles
and your choice of dressing

always thanksgiving...

...\$3.35 small ...\$4.65 large
turkey, cranberries, walnuts, red onion and our 1,000 island dressing

el rancho...

...\$3.85 small ...\$5.15 large
grilled chicken breast, kidney beans, corn, mixed peppers,
croutons and our cajun ranch dressing

asian chicken delight...

...\$3.35 small ...\$4.65 large
grilled chicken breast, mandarin oranges, almonds, chow mein noodles
and our japanese garlic soy dressing

ham and cheese...

...\$3.35 small ...\$4.65 large
ham, cheddar, broccoli and croutons with fat free ranch dressing

additional toppings & ingredients...55¢ each

north shore luau...

additional dressing...25¢ small ...50¢ large
Small salads come with one 2 oz. dressing. Large salads come with one 4 oz. dressing.

...\$2.85 small ...\$4.15 large
ham, pineapple, tomatoes and your favorite dressing

**i have always admired the ability to bite off more than
one can chew, and then chew it.**

-William Demille

not feeling creative today?
smoothies

buttercup baby.....\$3.60
peanut butter and chocolate syrup

pineberries.....\$4.15
pineapple, blueberries, raspberries

green dream.....\$4.15
banana, peanut butter and spinach

strawnana blast.....\$3.60
strawberries & banana

kokomo.....\$5.15
pineapple, coconut, banana, mandarine orange and mango

sour bluenana.....\$4.15
blueberries, bananas with a lime twist

neapolitan.....\$3.60
strawberries and chocolate sauce blended

raspberry recharge.....\$3.60
creamy rich raspberry with a hit of redbull

pb&j.....\$3.60
peanut butter and strawberries

raspberry beret.....\$3.60
peaches and raspberries

peaches and cream.....\$3.60
peaches blended

why not go out on a limb? isn't that where the fruit is?

-Frank Scully

on the side

bottled water	\$1.00
gatorade	\$1.50
monster	\$3.00
red bull	\$2.50

signature dressings

cajun ranch ... fiery ranch, yee-haw!

japanese garlic soy ...

you might need a breath mint, but it's worth it!

raspberry italian vinaigrette ...

infused with raspberry preserves

(yes, that's jam)!

**for the less adventurous,
we have these
boring dressings**

balsamic vinaigrette

italian vinaigrette

low fat ranch